



**National Traveller Mental Health
Network
Strategic Plan
2019 -2021**

Strategic Plan 2019-2021

National Traveller Mental Health Network

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Good mental health is integral to human health and well-being. A person's mental health and many common mental disorders are shaped by various social, economic, and physical environments operating at different stages of life. Risk factors for many common mental disorders are heavily associated with social inequalities, whereby the greater the inequality the higher the inequality in risk.¹

¹ WHO (2014) Social Determinants of Health, page 9

Steering Group meeting, Athlone 2019



From left Thomas Mc Cann, Michael Mc Cann, Ed O Mara, Nancy Power, Hugh Friel, Chris Mc Donagh, Suzie Mc Carthy, Sandra Mc Donagh, Margaret Mc Donagh.

Our Vision:

A Healthy Traveller Community Where Mental Health is Named, Addressed, Discussed and People are not Afraid.

Traveller Mental Health in Context

Traveller's Mental Health

90% of Travellers agree that mental health problems are common among the community.²

Travellers are a 'high-risk' group for suicide as suicide is six times higher for Travellers than the general population.³

82% of the community have been affected by suicide.⁴

56% of Travellers reported that poor physical and mental health restricted normal daily activities.⁵

62.7% of Traveller women, and 59.4% of Traveller men, disclosed that their mental health was not good enough for one or more days in the last 30 days.⁶

Travellers are experiencing significant mental health issues, which are impacted on by a range of contexts, issues and experiences. These include issues that affect the Traveller community in general including; racism and exclusion, issues around identity, sexuality, addiction, and socio-economic issues such as employment, accommodation and education status. It also includes issues in relation to mental health, such as stigma, wider understanding of mental health issues in general, and services and resources. Therefore, mental health issues for Travellers have to be responded to within the context of both Traveller specific issues, mental health issues and the interaction of the two areas, making it a complex issue to address and tackle.

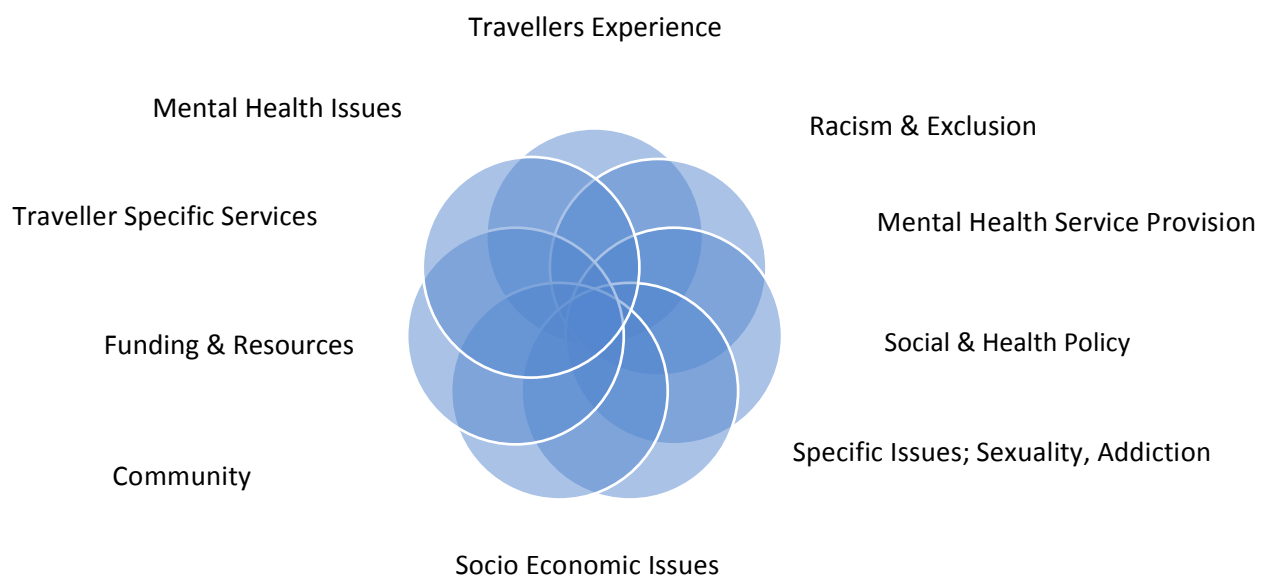
² *Traveller Community National Survey* July 2017 Prepared for: The National Traveller Data Steering Group & and the Community Foundation of Ireland, Prepared by: John O'Mahony Behaviour & Attitudes J.6098

³ *As above*

⁴ *As above*

⁵ All Ireland Traveller Health Study Team (AITHS) (2010) All Ireland Traveller Health Study: Summary of Findings. Dublin: School of Public Health, Physiotherapy and Population Science, University College Dublin.

⁶ *As above*



Therefore, the National Traveller Mental Health Network works within and acknowledges the following contextual issues.⁷

Traveller Specific Issues

- ❖ **Socio-Economic Exclusion:** Travellers experience significant socio-economic exclusion. *Travellers and Roma are among the most disadvantaged and marginalised people in Ireland.*⁸
- ❖ **Cultural Issues:** Travellers continue to experience an erosion of Traveller culture including; the oppression of nomadism, the erosion of the language, lack of provision of Traveller appropriate accommodation, the erosion of the Traveller economy, and the increased obstacles Travellers face maintaining cultural practices such as keeping horses.
- ❖ **Racism and discrimination:** Travellers experience discrimination in every aspect of their lives, and this can and does affect people emotionally. Discrimination can cause depression and anxiety, from straight forward refusal to allow members of the community to participate fully in society, to damaged education and restricted life opportunities.⁹
- ❖ **Accommodation:** There are serious issues with the lack of availability of appropriate and good quality accommodation for Travellers. The situation for Traveller accommodation is taking place within the context of a national housing and accommodation crisis in Ireland.
- ❖ **Educational Disadvantage:** Travellers remain very educationally disadvantaged. The majority of Travellers have only primary or lower levels of education.
- ❖ **Unemployment:** Travellers have an inordinately high rate of unemployment, the All Ireland Health Study, found that 84% of Travellers during the study were unemployed.¹⁰

⁷ Just to note this is not an exhaustive discussion on the wide range of issues that affect Travellers mental health, but an outline of some of the wider context that the Traveller Mental Health Network is operating within.

⁸ National Traveller and Roma Inclusion Strategy 2017 – 2021 Foreword Minister David Stanton Minister of State for Justice at the Department of Justice and Equality with special responsibility for Equality, Immigration, and Integration June 2017

⁹ *Responding to suicide in the Traveller community: Evaluation Report of the National Traveller Suicide Awareness Project* D McCarthy December 2010

¹⁰ National Traveller and Roma Inclusion Strategy 2017 – 2021 page 14

- ❖ **Gender issues:** Travellers are dealing with an erosion of traditional roles within a largely patriarchal culture, a culture which itself is under pressure. Many Traveller men are becoming more and more marginalised and isolated even within their own community. Traveller women, experience all of the disadvantage of the Traveller community in general, as well as issues in relation to gender discrimination and the impact of living in a strongly patriarchal culture.
- ❖ **Service Provision:** Travellers are often very far removed from service provision and are often not linked to any services unless through Traveller organisations/Traveller specific work.
- ❖ **Addiction Issues:** There are addiction issues within the community, this includes addiction related to alcohol, gambling and, prescription and illicit drugs.
- ❖ **Conflict and Violence:** There are issues with conflict and violence within the Traveller community and directed against Travellers. Violence, both domestic violence and what has been termed feuding, or inter community violence, have also caused huge emotional distress for families.¹¹

Specific Issues re Mental Health and Travellers

- ❖ Coping with positive mental health becomes more challenging when faced with the experience of racism, exclusion, discrimination and erosion of Traveller culture.
- ❖ The uptake of mainstream mental health services by the Traveller community is traditionally low due to the lack of cultural awareness in service providers. This lack of cultural awareness often leaves Travellers feeling disillusioned and misunderstood. Shame and fear of both judgement and exposure are further inhibitors to service engagement within the community.
- ❖ Within Traveller culture there is a very developed sense of shame that is often linked to the loss of respect. Issues and behaviours that are deemed shameful are often linked to sexuality. There are very significant pressures on Travellers who are LGBT+¹² and/or in non traditional family roles.¹³
- ❖ There is a close connection between social and physical stress on the one hand and psychological distress on the other. Case reports by Exchange House Service for Travellers in Dublin suggest high rates of mental illness that are not being addressed except through prescriptions for tranquilizers.¹⁴
- ❖ Figures have been quoted suggesting that up to 10% of residents of the Central Mental Hospital are Travellers, more than ten times the proportion of the population.¹⁵

Policy Context

The National Traveller Mental Health Network operates within and must be aware of the wider policy context, which includes some key national policies in relation to both Travellers and mental health as well as research studies and international principles in relation to an understanding of mental health issues.

¹¹ *Responding to suicide in the Traveller community: Evaluation Report of the National Traveller Suicide Awareness Project* D McCarthy December 2010

¹² lesbian, gay, bisexual, and transgender

¹³ *Responding to suicide in the Traveller community: Evaluation Report of the National Traveller Suicide Awareness Project* D McCarthy December 2010

¹⁴ <http://travellercounselling.ie/the-traveller-community/traveller-mental-health/>

¹⁵ <http://travellercounselling.ie/the-traveller-community/traveller-mental-health/>

Recognition of Traveller Ethnicity

On the 1st March 2017, Traveller ethnicity was formally recognised by the State in an address by the Taoiseach Enda Kenny in *Dáil Éireann*, a day described as historic and momentous for the Irish Traveller community and for equality in Ireland.¹⁶ This recognition was very valuable to Travellers and critical if Travellers are to attain full human rights and improved health and socio-economic status.

The National Traveller and Roma Inclusion Strategy (NTRIS) 2017 – 2021

The National Traveller and Roma Inclusion Strategy 2017 – 2021 was launched on the 13th of June 2017. There are a range of recommendations in NTRIS in relation to mental health, addiction and suicide, as well as wider recommendations that will impact upon mental health. This is not the place to list all of the recommendations, but some key recommendations include;

- ❖ 87. The Health Service Executive will support and further develop culturally appropriate services to respond to the mental health needs of Travellers and Roma in consultation with Traveller and Roma organisations.
- ❖ 88. The Health Service Executive will develop targeted interventions and educational materials to support good mental health, suicide prevention and promote self-esteem and self-acceptance for young Travellers.
- ❖ 89. The Health Service Executive (National Office for Suicide Prevention) will develop communication campaigns to reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority populations including the Traveller and Roma communities.
- ❖ 93. The Department of Justice and Equality will review the Traveller Counselling Service with a view to supporting its continuation.

Wider Equality legalisation: The Public-Sector Duty

Section 42 of the Irish Human Rights and Equality Commission Act 2014 places a positive duty on public sector bodies to have regard to the need to eliminate discrimination, promote equality, and protect human rights, in their daily work. This development in Irish equality and human rights legislation presents an opportunity for public bodies to embed human rights and equality considerations into their functions, policies and practices.¹⁷

All Ireland Traveller Health Study 2010 *Our Gheels*

In 2010 the All Ireland Traveller Health Study was completed, this was an extensive study of the health of Irish Travellers which included many findings on mental health and related issues.

Mental Health Policy in Ireland: *Vision for Change* 2006

A Vision for Change is government policy which details a comprehensive model of mental health service provision for Ireland. Key recommendations and policy points re Travellers in *Vision for Change* are an acknowledgement that there is a need to respond to the mental health needs of minority groups.

¹⁶ <http://www.pavepoint.ie/about-us/traveller-ethnicity-why-is-it-so-important/>

¹⁷ https://www.ihrec.ie/download/pdf/ihrec_public_duty_booklet.pdf

4.8.1 RESPONDING TO THE MENTAL HEALTH NEEDS OF MINORITY GROUPS There is a small but significant number of people in Ireland who have additional needs when they develop a mental health problem.

For example, Travellers, gay and lesbian individuals, deaf individuals, and people from other countries and cultures, require specific knowledge and understanding on the part of those delivering mental health services, in terms of their culture and other characteristics. The employment of professionals from a wide variety of backgrounds and cultures in mental health services is a positive step that should be taken to respond to the needs of the diverse population in Ireland.

RECOMMENDATION 4.8: Mental health services should be provided in a culturally sensitive manner. Training should be made available for mental health professionals in this regard, and mental health services should be resourced to provide services to other ethnic groups, including provision for interpreters.¹⁸

Joint Committee on the Future of Mental Health Care: House of the Oireachtas, October 2018

The Joint Committee on the Future of Mental Health Care was established by the Dail in 2017 to develop a long term vision for mental health care services and the direction of mental health policy. The report recommends that more resources should be targeted at areas of highest need, to include a priority focus on the Traveller community. The following recommendations specifically address mental health issues for Travellers.

RECOMMENDATION 2: The Committee recommends that the Department of Health carry out a study to identify the causative factors, to include a priority focus on the Traveller Community, and how they can be addressed. This should be repeated over time and revalidated which will assist in identifying trends.

RECOMMENDATION 3: The Committee recommends that more resources and funding should be targeted at the areas of highest need with particular attention to the Traveller Community and towards addressing suicide.¹⁹

RECOMMENDATION 14: The Committee recommends as Sláintecare is implemented that the recommended increase to 10% for mental health services be ring fenced and prioritised, with a portion of the this budget ring fenced for a National Traveller Mental Health Strategy.²⁰

World Health Organisation (WHO) Social Determinants of Mental Health

The National Traveller Mental Health Network also operates within the wider context and understanding of the *Social Determinants of Mental Health*.²¹ These factors include;

- ❖ Mental health and many common mental disorders are shaped to a great extent by the social, economic, and physical environments in which people live.
- ❖ Social inequalities are associated with increased risk of many common mental disorders.
- ❖ Taking action to improve the conditions of daily life from before birth, during early childhood, at school age, during family building and working ages, and at older ages provides opportunities both to improve population mental health and to reduce the risk of those mental disorders that are associated with social inequalities.

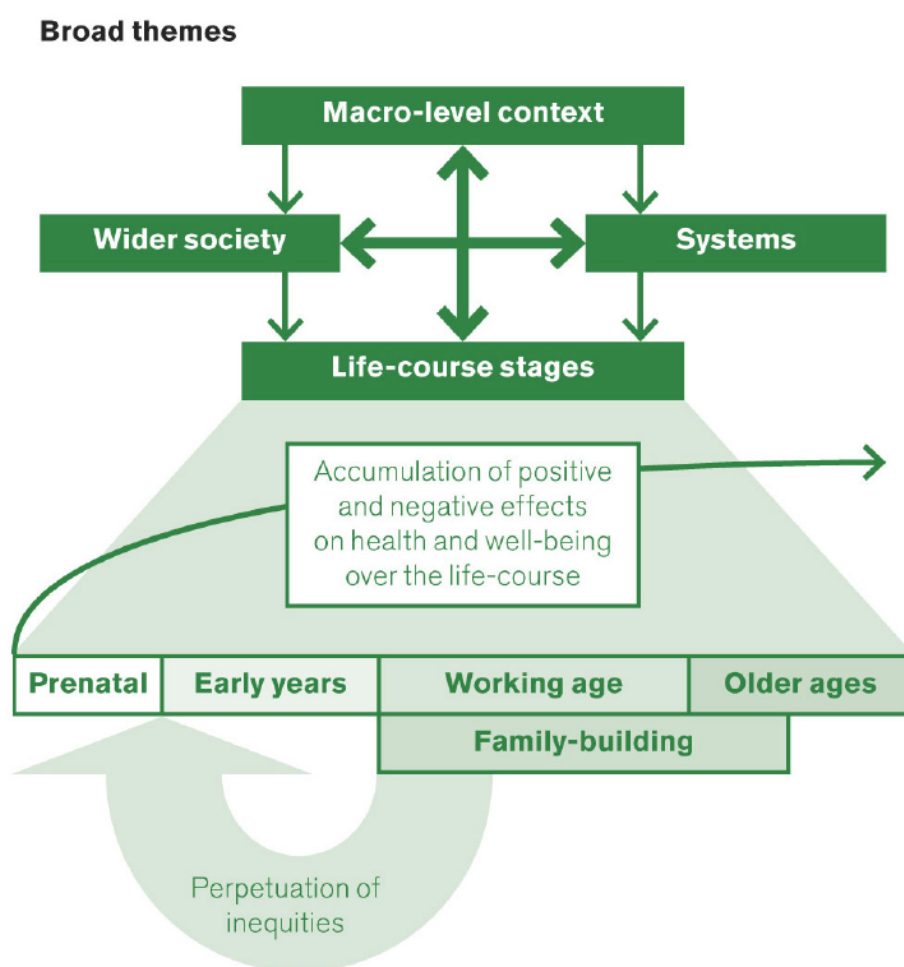
¹⁸ A Vision for Change, Page 40

¹⁹ Joint Committee on the Future of Mental Health Care (2018) p.13

²⁰ Joint Committee on the Future of Mental Health Care (2018) p.21

²¹ Social Determinants of Mental Health (2014) World Health Organisation Page 8

- ❖ While comprehensive action across the life course is needed, scientific consensus is considerable that giving every child the best possible start will generate the greatest societal and mental health benefits.
- ❖ Effective actions are required to reduce risk of mental disorders throughout the life course, at the community level and at the country level. It includes environmental, structural, and local interventions. Such actions to prevent mental disorders are likely to promote mental health in the population.
- ❖ Risk and protective factors act at several different levels, including the individual, the family, the community, the structural, and the population levels. A social determinants of health approach requires action across multiple sectors and levels.



A life course approach to tackling inequalities in health, adapted from WHO European Review of Social Determinants of Health and the Health Divide²²

Therefore, specific context issues for the National Traveller Mental Health Network include:

²² *Social Determinants of Mental Health (2014)* World Health Organisation Page 10

- ❖ The Network recognises that mental health issues are common place and need to be addressed.
- ❖ Travellers who experience mental health issues, often experience isolation and stigma.
- ❖ There are no standards for Travellers in relation to mental health provision.
- ❖ There are specific issues that impact on Travellers mental health including addiction, sexuality, LGBT issues, conflict, and issues with culture and identity.
- ❖ There are specific issues in relation to how marginalised Travellers are in relation to wider socio-economic issues, such as employment, education, accommodation and health, and the complex interaction between the pressure of these issues and mental health. People who experience wider socio-economic issues are significantly more likely to experience common and serious mental health problems.
- ❖ There is often a poor relationship between mental health services and Travellers and the Traveller community.
- ❖ Travellers are not visible in-service provision dealing with mental health.
- ❖ Historically Travellers have been a peripheral issue for mental health service providers and addressing mental health provision had been a peripheral issue within the wider Traveller movement.
- ❖ Dealing with mental health issues requires a specific set of skills that have not been the central focus in development of community-based health provision, Travellers and Traveller projects need to be empowered to deal with these issues.
- ❖ Changes in Traveller culture in recent times, in particular in relation to a marriage, gender issues, generational issues, and the impact of social media, are having an impact on Traveller's mental health.
- ❖ Travellers experience racism and discrimination which has been shown to have a determinantal effect on a person's mental health including issues such as poor self-image, low self-esteem, lack of confidence and depression.
- ❖ The work of the Network operates within the wider policy context.

Our Vision, Objectives and Values

Our Vision:

A healthy Traveller community where mental health is named, addressed, discussed and people are not afraid.

The goal of the National Traveller Mental Health Network is to develop a collective space that is Traveller community led, where local, regional and national Traveller mental health issues are highlighted, discussed and addressed. A space where solutions are explored with a view to being included in culturally appropriate policy on Traveller mental health.

Our Objective:

Our National Traveller Mental Health Network is inclusive, it empowers, supports and provides a voice for Travellers.

The **Objectives** of the National Traveller Mental Health Network

- ❖ To develop a collective space where the voices of Travellers throughout the country are heard.
- ❖ To ensure that the network is Traveller community led.
- ❖ To ensure that the social determinants of mental health are highlighted and included. The WHO²³ states social inequalities are associated with increased mental health risks.
- ❖ To explore ways and means to address mental health issues for Travellers.
- ❖ To lobby and advocate on behalf of Traveller mental health.
- ❖ To develop and input into policy which will impact on Traveller mental health.
- ❖ To share information and best practice on Traveller mental health.
- ❖ To gain recognition as the National Traveller Mental Health Network and be consulted as such by policy makers.
- ❖ To ensure consultation within the Network informs the work of the Steering Group.
- ❖ The Steering Group will ensure that mental health issues that impact on younger Travellers, LGBT Plus Travellers, Traveller men and women, Travellers in addiction and those with mental health difficulties will be included.

²³ See page 7 of this plan

This will be **Achieved** through;

- ❖ Consultation, with the wider National Traveller Health Network, as well as information sharing, learning from each other, advocacy and lobbying, representation on national policy forums, policy development and the development of best practice principles.
 - Consultation will be carried out through ongoing dialogue/ consultation through, network meetings, working groups, involvement of the membership in strategic planning and information sharing.
- ❖ The Network will seek ensure that the causes of poor mental health within the community are addressed, prioritised and included in all policy development. This includes recognising the social determinants of mental health and not just the medical model which has traditionally been the analysis of mental health difficulties in the past.

The National Traveller Mental Health Network will continue to operate from Core Values, which are:

- ❖ A commitment to **Community Development Principles**
- ❖ A focus on **Anti-Racism**
- ❖ It will be **Culturally Inclusive**, regardless of culture, gender, age, sexuality
- ❖ It will observe **Best International Standards and Norms**
- ❖ It will be a **Supportive and Open Space**
- ❖ It will aim to **Empower** individuals and **Mobilise** local Traveller communities
- ❖ It will be **Collective and Representative**, and **Community Led**
- ❖ It will **Respect Autonomy**
- ❖ It will be **Non Judgemental**
- ❖ It will promote **Solidarity**

Structures

The National Traveller Mental Health Network is not a new organisation, but a network of existing organisations as well as interested and concerned members of the Traveller community.

The National Traveller Mental Health Network aims to:

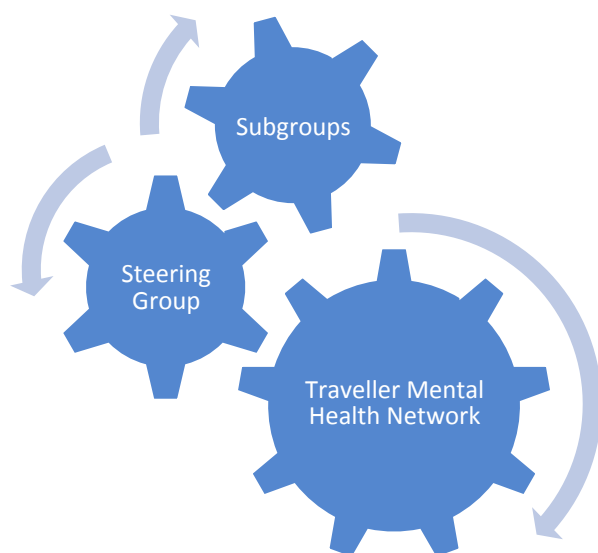
- ❖ Take a national view and build a strong base in the first years of work.
- ❖ Work as a representative network, with a national focus, working collectively and the led by the Traveller community.
- ❖ Provide a voice for Travellers in responding to and addressing issues in relation to mental health issues within their community.

Membership

Membership will be open to all local and national Traveller organisations. Where there is no local Traveller organisation, individuals who are advocating on behalf of Traveller mental health issues from these areas can become members of the Network. A membership form will be sent out to all Traveller groups.

There will be a minimum of two meetings of the wider network per year, where all Network members will be invited to participate and engage in discussion and dialogue regarding Traveller Mental Health. Consultation²⁴, information sharing, learning from each other, advocacy and lobbying, representation on national policy forums, policy development and the development of best practice principles will be the foundation of the network.

The National Traveller Mental Health Network anticipate that Traveller staff will be supported to be involved by their organisations.



²⁴ The Network is committed to following best practice in relation to positive and inclusive consultation that leads to meaningful participation of the Traveller Community.

The Steering Group

Membership of the Steering Group will be open to all local and national Traveller organisations and involve between 12-15 members. Membership will include;

- ❖ One member from each of the national Traveller organisations.
- ❖ Three members from each region, (the midlands, the southern, the western, the eastern and the north west.) The local Traveller groups in these regions will be asked to nominate people on to the Steering Group.

Roles and Participation

Members of the Steering Group must commit to attend meetings and actively participate in the life of the Network. Active participants are those who make decisions and take on and carry out tasks that need to be completed.

Effective Members:

- ❖ Attends meetings regularly and arrives on time
- ❖ Identifies as part of the group
- ❖ Makes useful suggestions
- ❖ Keeps comments short and to the point
- ❖ Keeps to the goals of meeting
- ❖ Listens to others and does not interrupt
- ❖ Supports others, helps without taking over
- ❖ Carries out tasks that s/he says they'll do
- ❖ Abides by the group's decisions

Ineffective Members:

- ❖ Rarely attends/ arrives late at meetings
- ❖ Sees the groups as 'others,' and not something they are a part of.
- ❖ Is disruptive or aggressive at meetings
- ❖ Doesn't listen to others
- ❖ Talks too much
- ❖ Doesn't carry out tasks s/he said they'd do
- ❖ Keeps information to themselves
- ❖ Makes people feel they don't know or can't do anything properly

- ❖ All members of committees/sub-groups must have clear roles and be clear about who they are representing.
- ❖ Efforts should be made to ensure there is good Traveller representation at all levels of the Network.

The role of the Steering Group will be to work towards and achieve the aims and objectives of the Network. If Steering Group members don't attend three consecutive meetings within one year, then they may be asked to step down with the possibility that someone else will be asked to replace them. A chairperson will be selected or elected at the first meeting of the Steering Group.

The Steering Group will meet five times a year in different regions. At these Steering Group meetings members from these regions will be asked to do a short presentation on Traveller mental health in their region. The Steering Group will review its progress on an ongoing basis.

The National Traveller Mental Health Network will aim to ensure:

- ❖ A gender balance
- ❖ A regional balance
- ❖ Good Traveller representation
- ❖ Rotation of location of meetings

Working Groups²⁵

- ❖ Working groups will be formed to respond to the needs of the NTMHN as required.
- ❖ Each working group will have terms of reference.
- ❖ Working group members will be made up of the wider Network who have expertise or skills in a particular area, as well as Steering Group members.

Roles

The National Traveller Mental Health Network will appoint the following roles

- ❖ Chairperson

The role of the chairperson is to ensure that:

- The agenda and minutes are prepared
- The agenda is followed at meetings
- Everyone has a chance to speak
- Speakers keep to the point
- Fairness is promoted and to ensure that they do not present their own opinion first
- To summarise points made in discussion prior to decisions being made or votes taken
- To strive for consensus – voting should be a last resort
- To ensure tasks allocated are carried out and, if not, to establish why and ensure that progress of actions are monitored
- To facilitate all members to participate in actions carried out and to ensure that actions are allocated fairly
- To speak for the group publicly unless otherwise agreed

²⁵ A committee or group appointed to study and report on a particular question and make recommendations based on its findings.

❖ Vice Chairperson

- To support the chairperson in carrying out his/her duties
- To take on the duties for the chairperson in his/her absence

❖ Secretariat

- To provide an administrative function

❖ Working Groups will appoint chairpersons and have the support of the secretariat.

There will be annual reviews of the structures to ensure they are meeting the needs of the National Traveller Mental Health Network.

Our Aims

Strategic Aims of the National Traveller Mental Health Network

The National Traveller Mental Health Network has five key strategic aims for the three year period.

1. Engagement of the Network

2. Sustainability of Network

3. Information Sharing

4. Research & Policy

5. Advocacy & Lobbying

Action Plan 2019-2021

Year One – 2019

Actions		Responsibility to carry out the action	Timeframe to carry out the action	Resources to carry out the action	Indicators to identify if the action has been achieved.
Engagement of Network					
1.	<p>Build a Strong Membership: Key specific tasks include;</p> <ul style="list-style-type: none"> - Establish a Development Working Group - Identify appropriate members - Identify gaps in participation - Target appropriate Traveller organisations and individuals <p>Develop strong Traveller participation and buy in from national/local Traveller organisations and the Traveller community.</p> <ul style="list-style-type: none"> - Develop promotional material - Organise promotional events - Disseminate promotional information and key dates via <ul style="list-style-type: none"> - Email - Bulletins - Leaflets - Links to services 	<ul style="list-style-type: none"> - Development Working Group - Steering Group 	Q1 2019 and ongoing	<ul style="list-style-type: none"> - Commitment from 4-5 people to join Development Working Group - Personnel from funded Traveller organisations - Social Media - Travel and expenses - IT /Admin/ Office Costs 	<ul style="list-style-type: none"> - Membership numbers increased - Full national representation - Improved levels of engagement - Increased participation in all aspects of the NTMHN - Active participation on the NTMHN - Increased national profile of the NTMHN

2.	Launch National Traveller Mental Network and Strategic Plan 2019-2021	<ul style="list-style-type: none"> - Development Working Group - Steering Group 	Q1 2019	<ul style="list-style-type: none"> - Funding - Venue - Action plan developed and prioritised 	<ul style="list-style-type: none"> - Launch well attended and in media
3.	Develop Internal Communication Mechanisms <ul style="list-style-type: none"> - Provide Regular Communication 	<ul style="list-style-type: none"> - Development Working Groups - Steering Group - Secretariat 	2019 and Ongoing	<ul style="list-style-type: none"> - Development Working Group - Personnel from funded Traveller organisations - Social Media - IT / Stationary/Admin - Office Costs 	<ul style="list-style-type: none"> - Attendance at NTMHN Meetings and Events - Engagement at NTMHN Meetings and Events - Awareness in Traveller organisations of the NTMHN
4.	Provide Ongoing Information Sharing to all Stakeholders	<ul style="list-style-type: none"> - Development Working Group - Steering Group - Individual members of the Steering Group - Secretariat 	2019 and ongoing	<ul style="list-style-type: none"> - Working Group Members - Personnel from funded Traveller organisations - Social Media - IT /Admin/ Office Costs 	<ul style="list-style-type: none"> - Attendance at NTMHN Meetings and Events - Engagement at NTMHN Meetings and Events - Awareness in Traveller organisations of the NTMHN
5.	Organisation of NTMHN Meetings <ul style="list-style-type: none"> - Steering - Wider Network 	<ul style="list-style-type: none"> - Steering Group 	Q1 2019 and ongoing	Venue <ul style="list-style-type: none"> - Development Working Group - Personnel from funded Traveller organisations - IT /Admin/ Office Costs 	<ul style="list-style-type: none"> - Two Network meetings held per year with good attendance
Sustainability of Network					
6.	Develop Strategic Plan <ul style="list-style-type: none"> - Establish a Development Working Group - Hold Facilitated Sessions to Develop Plan 	<ul style="list-style-type: none"> - Facilitators, Steering Group & Network - Steering Group & Network 	Q1 2019	<ul style="list-style-type: none"> - Commitment from 4-5 people to join - Development Working Group - Funding for plan to be finalised - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Strategic Plan developed

7.	<p>Source Funding for the NTMHN</p> <ul style="list-style-type: none"> - Establish a Sustainability Working Group - Identify Resources to staff/provide secretariat support to the NTMHN - Resources to support participation on the TMHN 	<ul style="list-style-type: none"> - Sustainability Working Group - Individual members of the Steering Group - Secretariat 	2019 and ongoing	<ul style="list-style-type: none"> - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Secured funding - Person employed - Increased community aware of network
Advocacy and Lobbying					
8.	<p>Establish an Advocacy Working Groups</p> <p>Identity key lobby issues and key lobbying targets/points;</p> <ul style="list-style-type: none"> - Annually decide on one to two key issues to lobby about <p>Specifically, lobby for progress on Traveller Specific recommendations within both NTRIS and <i>Vision for Change</i></p> <p>Specifically, lobby for: National Traveller Mental Health Strategy to be developed and resourced.</p>	<ul style="list-style-type: none"> - Advocacy Working Group - Steering Group - Network 	2019 and ongoing	<ul style="list-style-type: none"> - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Issues identified - Issues prioritised - Lobbying points determined <p>Progress on recommendations within NTRIS and Vision for Change</p> <ul style="list-style-type: none"> - A National Traveller Mental Health Strategy
9.	<p>Identify and monitor the policy framework</p> <ul style="list-style-type: none"> - NTRIS - Traveller Health Plan - Vision for Change - Research to be published - Newspapers - Journals and government publications 	<ul style="list-style-type: none"> - Advocacy Working Group - Steering Group 	Q 1-3 2019 and ongoing	<ul style="list-style-type: none"> - Commitment from 4-5 people to join Research Working - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Membership have an improved knowledge of mental health issues - Information developed and distributed, as required, through a variety of methods.
Review					
10.	Review of Year 1 Actions	- Steering Group	Q4 2019	- Steering Group Members	- Review completed

Year Two - 2020

Actions		Responsibility to carry out the action	Timeframe to carry out the action	Resources to carry out the action	Indicators to identify if the action has been achieved.
Information Sharing/Dissemination					
1.	Develop a coordinated system of communication <ul style="list-style-type: none"> - Establish a Communications Working Group 	<ul style="list-style-type: none"> - Communications Working Group - Steering Group 	2020 and ongoing	<ul style="list-style-type: none"> - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Information provided by Traveller groups - Developed database - Information shared
2.	Information Dissemination <ul style="list-style-type: none"> - Ebulletin - Social media presence - Facebook page <p>Highlight positive developments within the Traveller Community</p>	<ul style="list-style-type: none"> - Communications Working Group - Steering Group 	2020 and ongoing	<ul style="list-style-type: none"> - Named person responsible - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	Established social media sites with connections to other sites and networks. E-Bulletin developed and disseminated.
Advocacy and Lobbying					
3.	Establish an Advocacy Working Group <p>Policy and lobby positions developed</p> <ul style="list-style-type: none"> - Submissions developed in relation to the key target points identified. - Submissions disseminated 	<ul style="list-style-type: none"> - Advocacy Working Group - Steering Group - Network 	2020 and ongoing	<ul style="list-style-type: none"> - Advocacy Working Group - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations - Information - Links to other networks i.e. Mental Health Reform 	<ul style="list-style-type: none"> - Submissions developed - Submissions disseminated
Review					
4.	Review of Year 2 Actions	- Steering Group	Q4 2020	- Steering Group Members	- Review Completed

Year Three- 2021

Actions		Responsibility to carry out the action	Timeframe to carry out the action	Resources to carry out the action	Indicators to identify if the action has been achieved.
Research and Policy					
1.	Research and information gathering <ul style="list-style-type: none"> - Establish a Research Working Group - Identify available research - Identify gaps in current research - Identify priority areas - Develop summary of all gathered information - Seek partnerships with relevant research bodies to undertake identified research 	<ul style="list-style-type: none"> - Research Working Group - Steering Group 	2021 and ongoing	<ul style="list-style-type: none"> - Commitment from 4-5 people to join Research Working Group - Staff costs - Travel and expenses - IT /Admin/ Office Costs - Support from Traveller Organisations 	<ul style="list-style-type: none"> - Quality documents to share with all stakeholders - Membership have an improved knowledge of mental health issues - Report(s) developed distributed through a variety of methods.
Review					
4.	Review of Strategic Plan 2019-2021	<ul style="list-style-type: none"> - Steering Group - Network 	2021	-Steering Group Members	Review Completed

Directory of the National Traveller Mental Health Steering Group

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